

Blue Check

拍数: 96 墙数: 2 级数: Phrased Intermediate
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音乐: BLUE CHECK (feat. Jay Park & Jessi) - toigo



Intro: 32 Count (approximately 00:13)

Sequence : A, B, B, B*(with change steps), A, B, B, B, A

PART A (64 COUNT)

A.1. SIDE, TOGETHER, SIDE, TOGETHER, FORWARD, HEEL TOUCH, BACK, TOGETHER

1-4 Step R to side – Step L together – Step R to side – Step L together (12:00)

5-8 Step R forward – Touch L heel forward – Step L back – Step R together

A2. SIDE, TOGETHER, SIDE, TOGETHER, FORWARD, HEEL TOUCH, BACK, TOGETHER

1-4 Step L to side – Step R together – Step L to side – Step R together

5-8 Step L forward – Touch R heel forward – Step R back – Step L together

A3. SIDE, TOUCH BEHIND, TOGETHER, BODY AND ARM MOVEMENT, STAND STRAIGHT

1-4 Step R to side – Touch L behind R – Step L to side – Touch R behind L

5-8 Step R together – Bow down and with your R arm slap to the left then right above the shoes – Stand straight

A4. SIDE, TOUCH BEHIND, TOGETHER, BODY AND ARM MOVEMENT, STAND STRAIGHT

1-4 Step R to side – Touch L behind R – Step L to side – Touch R behind L

5-8 Step R together – Bow down and with your R arm slap to the left then right above the shoes – Stand straight

A5. DIAGONAL FORWARD WITH HEELS TWIST

1-4 Step R diagonal forward and twist both heels to the right – Twist both heels to left – Twist both heels to right – Twist both heels to left

5-8 Twist both heels to right – Twist both heels to left – Twist both heels to right – Touch L together

A6. DIAGONAL FORWARD WITH HEELS TWIST

1-4 Step L diagonal forward and twist both heels to the left – Twist both heels to right – Twist both heels to left – Twist both heels to right

5-8 Twist both heels to left – Twist both heels to right – Twist both heels to left – Touch R together

A7. DIAGONAL BACK, TOUCH

1-4 Step R diagonal back – Touch L together – Step L diagonal back – Touch R together

5-8 Step R diagonal back – Touch L together – Step L diagonal back – Touch R together

A8. HEEL TOUCH, V STEP

1-4 Touch R heel diagonal forward – Step R together – Touch L diagonal forward – Step L together

5-8 Step R diagonal forward – Step L diagonal forward – Step R back to center – Step L together

PART B (32 COUNT)

B1. DOROTHY STEP, VINE LEFT TURN 1/4 LEFT, UNWIND TURN 1/2 LEFT, HOLD

1-2& Step R diagonal forward – Lock L behind R – Step R diagonal forward (12:00)

3-5 Step L to side – Cross R behind L – Turn ¼ left step L forward (3:00)

6-8 Cross R over L – Unwind turn ½ left weight on both feet – Hold (9:00)

B2. BACK, TOUCH, FORWARD, SWITCH TOUCHES, FLICK

1-4 Step L back – Touch R in front of L – Step R back – Touch L in front of R (9:00)

5-8 Step L forward – Touch R together – Touch R to side – Flick R to side

B3. FORWARD, TOUCH, MONTEREY TURN 1/4 RIGHT, MONTEREY, KNEES STRAIGHT WITH BODY ROLLED

1-4 Step R forward – Touch L to side – Step L forward – Touch R to side

5-8 Turn ¼ right step R together (6:00) – Touch L to side bend both knees – Step L together – Straight knees and rolled body up (6:00)

B4. HEEL SWIVEL, FORWARD, TOGETHER, BACK, TOGETHER

1-4 Swive R heel out – Swivel R heel in – Swivel L heel out – Swivel L heel in

5-8 Step R forward – Step L together – Step R back – Step L together (6:00)

Note : Change steps happen here, change count 5-8 with the steps below

5-8 Step R forward – Turn ¼ left touch L together – Turn ¼ left step L forward – Touch R together

REPEAT

For more info about step sheet & song, please contact:

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